

Getting the best out of life with Dementia

In collaboration with Newcastle University Institute for Ageing and Vitality

What is it?

The Sound Doctor is a website full of films developed to help you, your relatives and your carers understand your condition better so you can all take control and get the most out of life.

Whether you have it yourself or someone you love and care for has been diagnosed with dementia, these films will help you understand what is going on in the brain, explain some of the common symptoms of dementia and give practical advice on how to cope and make sure you get the most out of life.

Our aim is to help you live well and independently for as long as possible. We've interviewed people who have dementia, people who care for them - usually the husband or wife - and a wide range of experts who give the information you need to take control of dementia.

We'll guide you on your journey from diagnosis to the later stages of dementia and explain how you can make life easier.



Dementia: some of the films in our library

What is dementia?

Different types of dementia
Can I reduce my risk of getting dementia?
Early symptoms of dementia
Other symptoms of dementia
Memory loss
Diagnosing dementia
The benefits of diagnosis
Discovering you have dementia
Understanding dementia
The progression of dementia
Now you've been diagnosed
Taking the first step

Where can I turn for help?

Language and communication problems
Coping with memory loss
Living well with dementia
Medicines that may help
Keeping social
Keeping active
Becoming a carer
Looking after yourself as a carer
Don't hide away

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1. Email us at info@thesounddoctor.org with the name of your GP and the Practice and the condition you would like to access – in this case Dementia.
 2. We'll get back to you with a link to click on.
 3. That will take you to www.thesounddoctor.org Login page.
 4. Fill in username and make up a password.
 5. You're away!

If you don't have a computer, tablet, smartphone try asking family members if they can help, or you can go to your local library and use a computer there.

We hope that after watching these films you'll feel much more confident and better equipped to deal with dementia and get the most out of life. We wish you the very best on your journey and do remember there's a lot you can do to take control of the illness and slow the progression.

Good Luck. Let's take control!

For any more information please contact us at:
info@thesounddoctor.org


West Leicestershire
Clinical Commissioning Group

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